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Big Ten Digestive System Vocabulary

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| 1. Peristalsis | Muscular contractions that push food through the digestive system. |
| 2. Enzyme | A protein found in your digestive system that speeds up a chemical reaction.  Different enzymes break down different nutrients . |
| 3. Chemical Digestion | The process by which acids or/and enzymes break down food into smaller pieces that are able to be digested. |
| 4. Mechanical Digestion | The physical movement of breaking down food in the digestive system. |
| 5. Duodenum | The first 25cm of the small intestine where the majority of chemical digestion of food takes place. |
| 6. Carbohydrates | One of three major nutrients that can be in the form of sugars, starches, or fibers. Chemical digestion of this food begins in the mouth and ends in the duodenum with pancreatic juice. This nutrient gives the body fast energy. |
| 7. Proteins | One of the three major nutrients that are broken down to amino acids. Chemical digestion of this food begins in the stomach with gastric juice and ends in the duodenum with pancreatic juice. This nutrient is needed to build and repair muscle tissue. |
| 8. Fats | One of the three major nutrients that are broken down to fatty acids. Chemical digestion of this food begins in the duodenum by the chemical bile that comes from the gall bladder. This nutrient gives your body two times as much energy as proteins and carbohydrates. It also adds a protective layer and insulates your body. |
| 9. Diffusion | The process by which nutrients are small enough to go through the villi of the small intestine to the bloodstream and then circulated throughout your body. |
| 10. Villi | Fingerlike projections that line the small intestine and increase the surface area so there is more room for the diffusion of nutrients. |
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